

WORKSHOPS 1991

I think that wherever your journey takes you,
there are new gods waiting there, with divine
patience and laughter.....Susan M. Watkins

Astrology... Alexander technique
Tai Chi... Voice... healing massage
Mask-making... Dreams.. Reflexology
Shiatsu... Writing... Celtic creation...

About US...1991 ~ a year of change

Samadhyan was brought to life as a result of the work of Tom and Sundara Forsyth, with occasional help from friends.

It has functioned as a workshop and visitor centre for the past five years and is about to enter the sixth. Until now we were open to accommodating visitors all year round, but my own Shiatsu and Movement commitments elsewhere have dictated a need for change. 1991 will be the first year in which we will function exclusively as a workshop centre.

Whilst we will now only be 'open' for the workshops, where it is possible, and there is a space in between events, participants can stay on an extra day or two. This might be particularly helpful to those travelling from afar. Just make the request on your booking form or give us a ring.

In our splendid and unique isolation, without the disturbing noise of road traffic, you have an opportunity to experience the stillness of the highlands. We are not on the mains, our water comes from a spring, our electricity from a windmill and our heating from wood and coal. Accommodation is mostly in single and twin bedded rooms.

We have a 2 acre garden which sits at the foot of Ben Gohblach, looking over Ciste Loch Groom and perched above the 100 acre stretch of land known as Ruigh'riaabhach. We still have a jersey milking cow who provides us with milk, quark yoghurt, cream and soft cheese. The menu is largely vegetarian but we do prepare locally caught fish for those who enjoy it.

We do have a reputation for producing fine food, and every endeavour is made to keep it that way. Our own organic wine and beer is on offer with the evening meal.

We know that the mountains and wonderful highland air continue to be a part of the magic of the workshop experience here. This tiny peninsula with its lochans, red deer, otters, wild goats, eagles and unspoilt wilderness are all a delight to the wandering soul. Come and share it with us.

Sundara Forsyth.

Shiatsu Treatment

These can be arranged with Sundaramost days.....



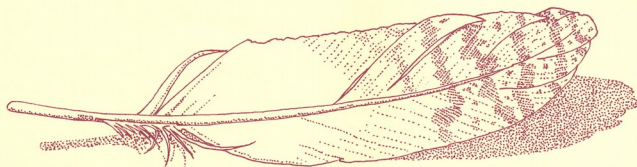
4th to 11th May

An introduction to Shiatsu (For beginners)

with Elaine Leicht

In this workshop we shall cover the basic techniques of giving Shiatsu, and will learn how to give an overall relaxing and balancing session. The emphasis of the workshop will be on relaxation and stress-reduction; breathing exercises, self-shiatsu and energy-development exercises are included, along with plenty of time to practise what we have learned.

Elaine has been involved in Shiatsu since 1980, and has studied with leading Shiatsu teachers from the U.K., U.S.A. and Japan.



18th to 25th May

Creative Writing

with Ros Grackenburg

This week-long workshop will provide an opportunity for people already working on fiction or poetry to have their work read, and receive encouragement from a group, also for those wanting to start writing, to plunge in. In a relaxed and beautiful environment ~ something all writers tend to long for and often lack ~ participants will be able both to further their own writing and learn to be good critics for each other. Writing is for communication; too often these days writers find it hard to get published or have an audience. During the week at Samadon we will become each other's public as well as an effective support group.

Ros is a novelist and poet who lives in Edinburgh. She is also a regular contributor to 'Resurgence' and has run freelance writing workshops in Scotland, England and Australia. She was writer in residence in Galloway last year and is at present within the Writers in Schools scheme.

29th June to 6th July

Mask Making

with Mary Oliver

A mask simultaneously conceals and reveals. We will be looking at sacred images and ancient power symbols. We will also draw inspiration from Mother Earth, the sea and the magical night sky. The faces we make may be those of animals, goddesses, children.

Mask-making can help us to connect with our inner-selves, our ancestors and the world around us. Thus we play, and learn.

Mary is an artist and has previously led painting and drawing workshops at Samadhan. This will be her first mask-making workshop there, and the subject is in keeping with the development of her own work.

6th to 13th July

Let your body Speak

with Sundara Forsyth

Sound, chanting and/or rhythmic movements are used in most healing rituals. We will use these plus breathing techniques and visualisations to increase our awareness and sensitivity. My intention is to encourage people to take the creative process unearthed in the workshop into their daily lives. This workshop is for people at any age and stage. It is for play and it is an opportunity to discover the dancer and singer within.

Samadhan is Sundara's home. She trained as a movement teacher at the Tamalpa Institute, California. She teaches and runs workshops in Britain, and is a Shiatsu practitioner.

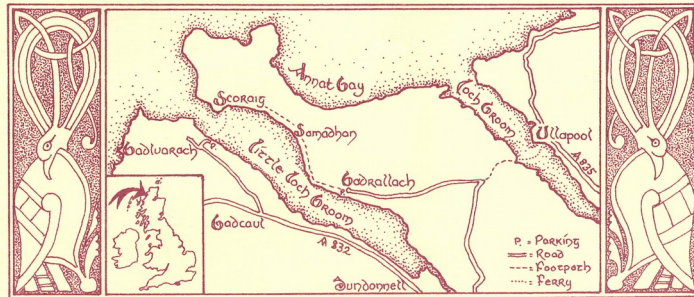
All of these workshops start with the evening meal on the day of arrival, and end with breakfast on the day of leaving.

How To Get Here

Inverness is the major air and rail terminal for the Highlands. It is 70 miles from Inverness to **Badluarach** where vehicles can be parked. Or there is the **Westernbus** service which leaves Inverness at 5.00 pm. every Mon. Wed. and Sat. The journey takes approximately two hours to **Badcaul** junction where you will disembark. We will meet you there.

Ferrying Our boatman will ferry visitors the two mile crossing from Badluarach jetty to Samadhay. The times when we can ferry tend to be different for each workshop, as we need to take tidal movements into account. Phone a week or two prior to your arrival to confirm actual time of pick-up at Badluarach jetty. We aim for roughly 5.00 to 6.00 pm.

Walking to Samadhay you can drive your car to **Badrallach** road-end parking space. From there it is a magnificent 4-mile footpath walk to Samadhay.



What to bring

Inverness will be your last chance to do any shopping, so remember to get any little luxuries you cannot live without. The weather can be changeable; bring waterproofs as well as casual clothes and strong footwear. Wellington boots are recommended, and soft shoes for indoors. A small rucksack is useful for outings..... There is one room set aside for smokers....

13th to 20th July

Celtic Creation

with Peter Vallance

For thousands of years dance and story have brought people together so that they can be renewed by the healing power of the circle. In this experiential workshop, breathing and visualisation practices will help us to centre and re-align our bodies. From this place of stillness we will connect with the world of words and story which bring us the traditional gifts of wisdom and lavish-heartedness. Presuming no previous experience of dance or storytelling, Peter takes us on a journey that develops both practical and intuitive skills.

Peter Vallance teaches and performs regularly at the Findhorn Foundation in his native Scotland and on tour throughout Europe and the U.S.A. He seeks to recreate the Ceilidh House tradition where the Celts gathered to tell tales and histories, invocations and prayers, singing hymns and songs, runes and lays, sweet, beautiful and soft.



25th to 29th July

Live your Dream

with Gelda Macgregor

An opportunity to work intensively with reflective, expressive and creative dreamwork methods. The workshop will include a vision quest in nature based on North American Indian traditions. Bring your dream journal and art materials.

Gelda Macgregor learned the Jungian and spiritual foundations of dream interpretation in Dr. Winifred Rushforth's groups. Since then, in 1990, she completed one year of Mandala dreamwork training with Stephen Kaplan Williams and Hilary Scaife. She also incorporates aspects of process-oriented psychology, "working with the dreaming body." She has led dream groups for 5 years.

1st to 5th August

Healing Massage For beginners

with Joanna Legard

This course is an opportunity for coming together with strangers and friends to focus on ourselves and to learn something new. The emphasis will be on giving and receiving.

We will use stretching and focusing exercises to release tensions in ourselves before working on others.

Please bring massage oil, large towel and loose comfortable clothing.

Joanna has been working as a massage therapist and teacher for 7 years. She lives in Edinburgh.



10th to 17th August

Tai Chi and Chi Kung

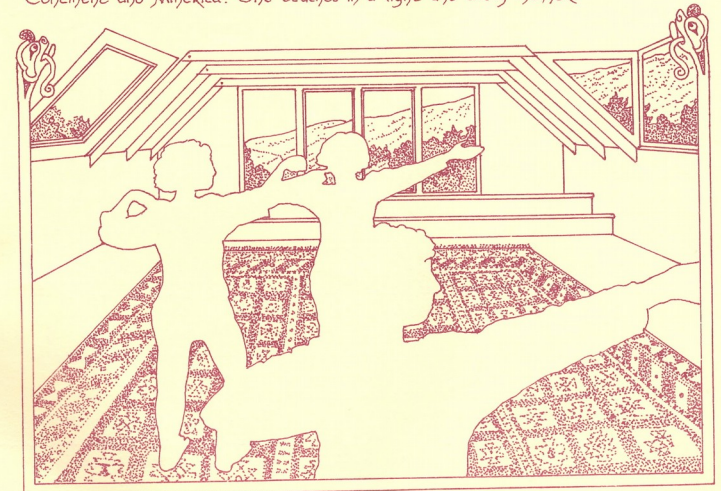
with Linda Chase Orsoda

Tai Chi and Chi Kung make you feel good. These two disciplines are part of the Chinese health and fitness system which originally belonged to the fighting arts. The development of energy and the release of clear, relaxed movement are vital to both the fighter and those who wish to improve their health. That's why these forms of exercise are linked with Taoist philosophy and ancient Kung Fu tradition.

In the beginning of the course we will learn about the basic Tai Chi principles of movement. Later in the week we will learn two short "take home" patterns for you to continue practising. One will be from the Yang style Tai Chi and the other from the Flying Crane Chi Kung.

The course is intended as an introduction and will be suitable for beginners as well as experienced Tai Chi players who wish to concentrate on basic principles.

Linda Chase Orsoda is the senior teacher of the Village Hall Tai Chi group in Manchester. She has studied and taught Tai Chi for 16 years in Britain, the Continent and America. She teaches in a light and lively manner.



17th to 24th August

Re-mem-ber-ing, Re-sourc-ing our Wholeness

with Rashaní

Enter-ing the won-drous lab-yrinth of our own be-ing, we will look at all of the pieces of our lives, em-brac-ing rather than re-ject-ing that which we tend to label as 'dark', 'negative', 'frighten-ing'. In-te-grat-ing our shadow with our beauty to ex-peri-ence our wholeness, of-ten where we thought to find a demon we discover in-stead a lotus flower.

We can all trans-form op-po-si-tion in-to op-po-rtu-ni-ty for growth, com-posit-ing our pain-ful ex-peri-ences to nour-ish the flower deep with-in. As we do so, we move from be-ing "at the effect of" to be-ing "at cause".

We will weave to-gether con-tem-po-rary and an-cient ex-trad-i-tional prac-tices as well as cre-ate our own tools to fa-cil-i-tate our heal-ing jour-ne-y.

Rashaní is well known in Brit-ain for her "personal totem" work-shops. Al-though she lives in Cal-ifor-nia, she spends time in Brit-ain each year run-n-ing work-shops.

29th August to 2nd September

Alexander Technique

with Hilary Dalby

The Alexander Technique is a way of be-com-ing more aware of bal-ance, pos-ture and move-ment in every-day ac-tiv-i-ties. We be-come aware of ten-sion pre-viously not no-ticed, which can lead to freer move-ment and a re-lease of en-ergy and vi-tal-ity.

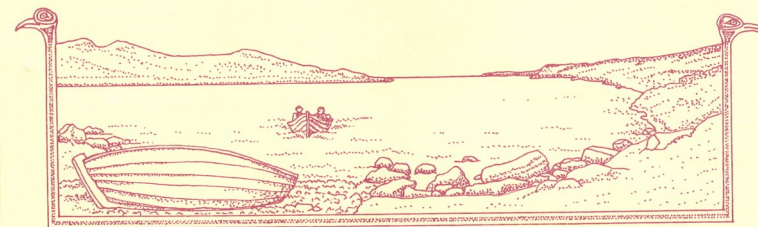
This 3-day work-shop is suit-able for be-gin-ners and those with ex-peri-ence of the Alexander Tech-nique. Each per-son will have in-di-vid-ual les-sons as well as daily group ses-sions.

Hilary is an ex-peri-enced Alexander teacher, living in Den-vern and teach-ing in Scot-land and Glas-gow. She be-came in-volved with the Alexander Tech-nique in 1973 when she played the vi-olin in the WSC, Scot-tish Sym-phony Or-ches-tra, and then de-cided to train to be an Alexander teacher in 1980.

To Book... Send a deposit of 25% of the total workshop cost to secure a place (non-refundable unless the course is cancelled)
Camping... because of limited house space, this year we are offering reduced rates to participants happy to pitch their own tents (20% reduction)
 Please make cheques payable to Samadhán.

Total Cost ... week-long workshop £ 265
 3 day workshop (4 nights at Samadhán)..... £ 150
 Charge per additional day (full board)..... £ 25

All meals, accommodation and ferrying are included in the cost We do ask visitors to help with the washing-up



name
 address

telephone
 workshop (s)

I can offer ☐ spaces in my car..... ☐
 I would like a lift ☐
 I can make my own way ☐

Samadhán, seoraité peninsula, DunDonnell,
 by Garve, Wester Ross, Scotland IV23 2RE. tel. 0854 83 260